

LEVELS OF LISTENING VS ADVICE GIVING

VIDEOS

How to become a better listener
Roberto Giannicola



<https://www.youtube.com/watch?v=zvBfVg3n82Q>

Improving your listening is possible.

Try these tips:

- Use mindfulness to calm the inner chatter in level 1
- Let go of your agenda.
This will help you move to Level 2 and 3

Ask yourself:

1. What levels of listening do you find yourself in most often?
2. Where do you aspire to be?
3. What steps will you take to get there?

How to tame your Advice Monster

Michael Bungay Stanier TEDx University of Nevada



<https://youtu.be/K10rmx7aa0w>

After you watch this TedTalk,
what are 2 ideas that resonated with you?

Quote:

"Your job is to keep being curious"

Ask yourself:

1. How does being curious support listening?
2. How does being curious support being coach-like?
3. What helps you to be curious?